

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

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October, 1933

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A Year

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September 20 to October 19

*The light of the Holy Spirit quickens my mind
and renews my understanding.*

*The new life released by Jesus Christ in the
kingdom of God quickens and heals me.*

*The new substance released by Jesus Christ in
the kingdom of God makes abundance manifest for
me.*

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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The Power of Gentleness

The rock that resists a crow-
bar gives way to the roots of
the tender plant.

—*Tamil Proverb.*

FORGET IT

Forget the hurt you cherish close,
The word unkind, the seeming slight;
The injury that seemed so great
You must forgive before the night.

Before the day may come to end
You must forgive, you must forget,
And wipe from memory each thought
That would disturb or make you fret.

Forget another's word or deed
As if 'twere never said or done,
And clear accusing thoughts from mind
Before the setting of the sun.

Forget what seemed to have such weight,
Forget, forgive—it's simple, too—
Forget inconsequential wrong,
Let peace of mind come back to you.

Unhappiness that came today
Must never share tomorrow's grace;
Tomorrow must be full of joy,
And only joy in it have place.

And you will find tomorrow's sun
Come greeting you with smiling light,
If wrongs and slights, so hard to bear, so
 great today
You wipe away through love tonight.

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THE HABIT OF BEING SUCCESSFUL

DO YOU know people who have the habit of succeeding in whatever they undertake? Do they not seem to cultivate the habit of success just as others seem to cultivate the habit of failure? Have you not thought of success as a habit that can be acquired?

Each time a man succeeds, his success makes every subsequent achievement easier. He establishes a process of mind activity that anticipates and assures success. Fear of failure is overcome and confidence in success is established. His mind thinks success, and he moves toward success.

The pioneer finds that each time he travels over a new path that he is making, his progress becomes easier. In the same way, every time we use the success thought or think of ourselves as successful, the easier it is for us to succeed. Thinking the thought of success helps to weaken any thought of failure that may be lurking in mind.

"Unto every one that hath shall be given, and he shall have abundance." To every one who has the consciousness of success and uses it, shall be given more and more success. Success eventually will become a habit with him. He will become so used to thinking success and being successful that he cannot fail.

Many men need to cultivate confidence in success. They need to feel, when they are inspired by the Spirit within them to do something, that they can accomplish it. They need

to know that the very act of attempting to do what Spirit bids them carries success with it.

In almost every home, office, and institution may be found some one who succeeds more easily than his associates. He has discovered the mental technique of not giving his mind to thoughts of fear and failure. He has found that success comes by entertaining thoughts of confidence and success. The success of the man who succeeds in modest surroundings is somewhat akin to the success of a man who conquers a world. Each succeeds according to his mental capacity to succeed or according to the measure of his consciousness of success.

After we have established the habit of success, we feel that certain forces within us rush to our aid when we undertake to do something. We feel that we are literally carried forward to the goal. Nothing in the external world has power to impede our progress or interfere with our success.

The person who seems to fail by habit confuses a new endeavor with a past failure. In so doing, he causes his former thoughts of failure to play upon his new undertaking and to identify it with failure. He may follow such a line of argument as this: "Once before when I tried to do about the same kind of thing I failed. I am sure to fail this time, because here is this person who wants me to fail, and there is that circumstance which will not add anything to my success." We can see that he readily falls into the habit of failing.

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The man who succeeds carries with him an inner conviction that he is going to succeed. He remembers his past successes and this helps to strengthen his confidence. He seems to think success in some automatic fashion. He is like some modern Midas whose golden touch might cause whatever he undertook to prosper.

Do not discuss your failures with others or put it in their minds to think of you as always failing. Let them think of you as succeeding. Those who want their business to prosper will compensate you well if they think of you as having the habit of succeeding. They will want you to share the fruits of your prosperous consciousness with them.

Before undertaking a new project, get your inner vision and guidance. Get the approval of your indwelling Spirit, then go ahead. Get the conviction that the Spirit within you is urging you to success. Go forward with this inner secret in your heart.

You cannot fail when you have Truth and love in your heart. You are bound to succeed when Christ in you succeeds in making His presence known to you. You can go into the very heart of the commercial world and keep true to the inner vision. You can go where men are afraid of failure and convey to them the message of success.

Make a success of something of whose success you have entertained doubt. Crown this success with another—one possibly a little larger and a little more difficult to achieve.

GOD IS OUR PROTECTION

MANY LETTERS come to us attesting to the almost uncanny manner in which human needs are anticipated in our planning of the daily lessons. At this rather late date comes a letter from a most enthusiastic student of Unity in Los Angeles, in which he says:

"I have subscribed to UNITY DAILY WORD since its inception, am never without it, and find it a godsend. If it were ten dollars a year, I would strive to have it. Did you notice the lesson and Bible quotation for March 10, the day of our great earthquake: 'My people shall abide in a peaceable habitation, and in safe dwellings, and in quiet resting-places'? I have not heard of any Unity student being killed or injured in that earthquake. Have you? I myself had a narrow escape. I think you ought to frame a copy of that lesson from UNITY DAILY WORD along with a newspaper clipping of our earthquake of that date and put it in the main corridor of your building."

We thank you, Mr. C——. Claim the promises of the 91st Psalm. God is ever your protection. He is within and about you as the presence of love. Nothing evil by day or by night shall come nigh you. Abide in the realization that the earth is the Lord's and that it cannot be shaken from under your feet. That which is the Lord's abides forever and forever.

"To begin the day with an opinion
is to be a traitor to the future."

WHAT a challenge to our prejudices this statement is! How little do we realize sometimes that we begin a day with the adverse opinions and prejudices of the preceding day, and that we are untrue to the new day and its possibilities when we greet it with prejudice in our heart!

The quotation, taken from a new book by Christopher Morley, is akin in spirit to the philosophy of the Chinese and puts a powerful sermon in a few words. It is a statement of universal truth and would no doubt find a welcome place in the philosophy or religion of any people. None can better appreciate its worth than the student of Truth, because he is continually thinking in the vein of its philosophy.

When you begin a new day with a limited viewpoint or some personal prejudice, you betray yourself into the grasp of adverse conditions. The future cannot give you anything if your mental attitude is of the past. The person who carries over strong personal prejudices into a new day continues to live in yesterday. Yesterday does not pass out of his life as long as he thinks yesterday's thoughts. Today does not actually come into his life until he thinks the thoughts of today.

If you begin today with some limited impression about yourself, your ability, or your associates, the events of the day center around such a limitation. Your preconceived opinion about situations of today will cause these situa-

tions to become colored with these opinions, good or bad. If you were always assured of greeting the day with the right opinion or viewpoint, it would be well to approach it opinionated. One reason we must be free from adverse opinions or prejudices at the dawn of a new day is that we should always be on the alert for the happy surprises and blessings that a new day may bring us. The limited opinions of yesterday may not harmonize with the blessings of the new day.

In Truth you are not privileged to have an adverse opinion today that is based on your impressions of yesterday. To judge a person today by what he said or did yesterday is to suppose that he has had no change of mind since yesterday. You must remember that man is continually evolving. He is continually going on to higher states of consciousness.

You will have experiences today that you did not have yesterday and that you have possibly never had before. How can you meet them with preconceived unfavorable opinions? The word "prejudice" carries the sense of "previously judging." How can you previously judge a new situation?

Were you to approach a new situation today with an old prejudice, you would be in the position of having to get rid of your prejudice before you could receive the blessing that this situation had in store for you. A prejudiced mind is fixed and to some extent crystallized. Lot's wife underwent mental and physical crys-

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tallization because she kept her mind on that which was behind her, the experiences through which she had already passed.

In this quotation, "the future" refers to any time that comes after the forming of the prejudice. We make a more practical application of the thought if we think of the time as today. Prejudices of course always belong to the past. You deprive yourself of the blessings of today when you think, as possibly you did yesterday, of lack. You deprive yourself of the joy of manifesting health today if you let your thoughts about disease or your doubts of yesterday come to mind today.

Your having failed yesterday is no indication that you will fail today. Do not approach today with the thought that your experiences of yesterday can in any wise limit those of today. In the last twenty-four hours a big change in consciousness may have taken place. It is only natural to expect that in the great universal scheme of things, you do not need today your consciousness of yesterday.

Resolve today to lay aside your prejudices. Give up race and religious prejudices. Give up your prejudices against new ideas. Be willing to begin each day with a clear mind, uncolored by events of the day before. Today has many blessings in store for you if you will greet them with an open mind. Be receptive to the good that comes to you today, regardless of what you may have thought about it yesterday. Cease to live in the past.

GOD'S WILL IS GOOD WILL

THE PRINCIPLES of mathematics do not permit you to add five and seven and get thirteen. We may say that it is the "will" of the principles of mathematics that you have twelve whenever you add five and seven. We can think of this as "will," because it proves stronger than your own human will. You could not through concentration or prayer change the principles of mathematics or by any human effort cause them to be other than dependable, accurate, and reliable principles.

You are in the position of having to "obey" the principles of mathematics whenever you would use them. The impersonal decree of the laws of mathematics is that you have to abide by their operation. You have no other recourse. However, their constancy and accuracy prove to be a blessing to you; otherwise, you could add five and seven one day and get six; add them the next and get fifty. So you see, what we have called the "will" of the principles of mathematics is, after all, good will or else it would prove to be vacillating and capricious, entirely undependable, giving you extra measure at one time and short measure another.

The principle of Truth has some things in common with the principles of mathematics. When you understand and use the principle of Truth you cannot get hate, fear, disease, and failure. Like the principles of mathematics, it does not permit you to manifest these ad-

versities when you use it. You have to obey a certain law or come under a certain agreement when you use the principle of Truth. You have to abide by the "decision" of the principle of Truth and accept the good it brings to you.

Thinking of God as "principle" or "law" gives us a certain feeling of God as being dependable, accurate, and reliable. When we place our trust in Him and coöperate with Him we understand what His will for us is. We realize that it is always good will. Thinking of Him as the "law" of our life, we realize that He is the "principle" of our health. We realize that we can have naught but health when we apply the principle of Truth.

You will not understand the absolute nature of God until you think of Him as Principle. Prayer will seem to be a hit-and-miss proposition until you realize that it is founded on spiritual law. Your business is likely to have its ups and downs, its times of prosperity and of adversity, until you know that it is founded on principle, the never-varying principle of prosperity and success.

God's will for you could no more be disease and failure than the "will" of the principles of mathematics could be confusion or mistakes in addition. God does not "permit" you to have disease or failure when you apply His law any more than the principles of mathematics permit you to add five and seven and get thirteen as the result. God is good and the action of His law is always good.

HOLY DAYS

A day is a holy thing:
Shining and white,
Virginal at dawn,
Still immaculate at night
If you will let her be.
But if her purity
You would violate
By impure heart,
Unholy deed,
At night her downcast eyes
Bring to your mind remorse
And a vow to your heart
That when tomorrow's dawn
Reveals in your keeping
Another pearly-white day,
You'll be truer to your trust,
And at nightfall
Rejoice to say
To the Father of days,
"She is still a holy one."



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I am no longer worried or anxious. I place all my affairs in God's keeping, and all is well.



HERE is but one way to rid ourselves of worry and that is to place our affairs in the keeping of God through the consciousness that all is well. We need not be anxious when we do this. We need have no fear that disaster will come to us. In God's keeping, all that we have is assured of loving protection.

Man worries when he believes that something of an evil nature will delay the manifestation of his good. His worry is evidence of his lack of trust. He becomes anxious because his belief in the power of evil is greater than his trust in God.

If you would rid yourself of anxiety, fill your mind so full of trust in God that there is no room for an anxious thought. Only by believing in the omnipotence of God can you free yourself from the belief that so-called evil has power to prevent your good from being manifested at a certain time. Your trust in God removes from your mind the barrier which keeps your good from coming into visibility.

The person who is free from worry has learned to exclude anxiety about external things from his mind.

In nothing be anxious.—*Phil. 4:6.*

My body is God's temple, and His presence fills it with peace, perfection, health, and strength.

YOUR BODY is the embodiment or manifestation of thoughts of health and strength. Through your physical expression, the Spirit within you has a contact with the manifest world. Deprived of your body, you would not be able to work out the problems that have to do with the manifest world.

If you would not think adverse thoughts and let these be pictured forth in your body as weakness and disease, it would be manifest as a temple of perfection. In Truth your body is not a thing of weakness and disease. It is the embodiment of your consciousness. It is the expression of the light, peace, joy, love, and presence of Spirit within you.

If you would improve the condition of your body, improve your thought. Cease thinking thoughts of adversity and disease and these conditions will no longer appear in your body. Behold your body as it exists in Truth: the temple of the living God: the temple of peace, health, and strength.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—*I Cor. 3:16.*

TUESDAY, OCTOBER 3

*Christ in me now sets me free from
all belief in bondage or limitation, and
I am free.*

JESUS brought to mankind the heavenly message that Christ in the midst of man gives him freedom. He found man believing that he is in bondage to adversity, evil, disease, and poverty. He found that man harbored thoughts opposed to Truth and believed that they were true. The heavenly message to suffering mankind was first of all a declaration of freedom.

Man would never be able to escape from physical bondage except by finding his freedom in consciousness. The thought that holds him in bondage can be overcome solely through his implanting in mind the truth about his freedom. His belief in bondage to some inharmonious condition or environment must be overcome by his knowledge that he is environed with God and with perfect harmony.

You cannot be in bondage when you are free in consciousness. When you know the Christ truth about your freedom, you are free. Nothing of the external world can enslave you when you know this. Nothing in all this world can keep you in bondage when the Truth of Christ is established in your consciousness.

If therefore the Son shall make you free, ye shall be free indeed.—*John 8:36.*

*I no longer think thoughts of fear.
Christ in me makes me courageous under
all circumstances.*

TO REMOVE fear from your consciousness, cease to think of external things as having power over you and regard Christ in the midst of you as all-powerful. Only your belief in fear can cause any fearful situation to arise in your life. Only your realization of your indwelling courage through the presence of Christ can dispel fear.

The courageous person knows that he has within him something which cannot be afraid. He realizes that Christ within him does not fear and that he, too, is fearless and courageous. In this consciousness he is unafraid of external things and other persons. He knows that Christ in the midst of him has conquered the world and that he has the power to do likewise.

Fear is purely negative. It is a failure to realize our innate courage. Frail individuals in time of danger and need have forgotten their personal fears and have manifested great strength and courage. They have found within themselves that which knows no fear and have manifested the courage of Christ within.

Fear ye not, stand still, and see the salvation of Jehovah, which he will work for you to-day.
—Exod. 14:13.

*I realize that in Truth God, the good,
is the only reality, presence, and power
in my life.*



THINK of God as the sum of all good. Think of Him as the only reality and presence there is in Truth. If you will do this, you will come to see that in Truth there is no other presence and no other power. You obey the first commandment when you have but one god—God, the good. To believe in the reality of evil is to believe in another god or another power and, consequently, in some rival of the omnipotence of the one God.

Evil exists solely as something emanating from man's erroneous thought. When man does not know the truth about the one God, he believes that God has an opposite. He believes that life is a warfare between two gods: God and a devil, good and evil. He believes that in some way God shares His omnipotence with an evil power, he thinks that God shares His omnipresence with the presence of sin, disease, and lack.

Give your whole thought to God, the good. Realize that according to the higher truths of being there is naught but God, nothing but good coming into manifestation in your life to the exclusion of evil.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

FRIDAY, OCTOBER 6

*God is now enthroned in His heaven
in the very midst of me, and I abide
in the consciousness of heaven.*

WERE WE to think of heaven as something existing in the future or in the distance, we should be putting it outside our reach. If we were to locate heaven as apart from us, we should fail to make any connection with it, and it would always be the unattainable. The fact is that heaven is where we find the presence of God—within us.

The only heaven or hell there is is that produced by our thought. We abide in heaven, the consciousness of perfect harmony, or else in hell, the consciousness of evil. We abide in the realization of the presence of God within us or else we abide in the thought that we are deprived of God, our good.

If you would know heaven and abide in it, guard your thinking. Think only heavenly thoughts. Behold heaven in the midst of you and then think of yourself as living in heaven. Give no place in your mind to satanic thoughts, neither believe in a devil or a hell. That which you believe in will become manifest in your life; so think only of heaven.

I was not disobedient unto the heavenly vision.
—Acts 26:19.

*The joy of the presence of Christ fills
my heart, and I am forever joyful.*



WHAT greater joy can we have than the knowledge that Christ is within us, that He is the source of our joy, that He ever abides with us! Are we justified in ever being sad or sorrowful when we know this mighty truth? Can a sorrowful thought find place in our heart when we realize that the presence of joy abides there?

Are you joyful today? If not, you are probably thinking that other persons and external things have power to take your joy from you. You are believing that things of the world can make you unhappy. You are thinking that situations and circumstances produce joy and, all the while, the very presence of Christ in you is your constant source of joy.

In the presence of Christ there is bountiful joy. When we abide in this realization there can be naught but joy for us. When we realize that Christ is in us and we are in Him, nothing can take our joy from us. Nothing can make us sad or depressed.

Realizing our oneness with joy, we cannot give any thought to the belief that things of the world can disturb us.

Then will I go unto the altar of God,
Unto God my exceeding joy.

—*Psalms 43:4.*

SUNDAY, OCTOBER 8

*I rest this day from my work knowing
that it is being blessed of God and that
I am being compensated by Him.*



TAKE time to rest from your labors. Know that, having done your work well, you give it into the care of God for His blessing. Feel that what you do has the approval of God and that you, in turn, receive your compensation from Him.

Were you to think of your work simply as manual labor or as something you personally accomplished only through great effort, you would be able to work solely by your personal strength. When you know that God works through you, you have His strength at your command. When you let Him work in and through you, you do His bidding, you are refreshed at every step of the way, you are abundantly compensated through His love.

You can rest from your efforts when you feel assured that you have done His will and have let Him express Himself in and through you. You rest in the satisfaction that all is well. You are refreshed, because His presence within you cannot know fatigue.

Rest this day in the realization that you are being prepared for new blessings.

Commit thy works unto Jehovah,
And thy purposes shall be established.

—Prov. 16:3.

God, divine law, is the chart and compass of my life. My life is ruled by God, the good.

HAVE YOU realized that God is the divine principle, the law of good upon which your life is based and that all your thoughts and acts must conform to this law and principle? Have you thought of God as the law of good, as the only law, in fact, that operates in Truth? Know that so-called evil has no principle back of it, no law of heaven to sustain it.

In Truth, there is but one God, one law—that of good. You should not believe in many gods, neither should you think of many laws, including laws of evil. There is no law of Truth to give presence and power to sin, evil, fear, disease, and failure. The only law is the law of love, health, and success—the law of Truth.

The law of God is one that sustains heaven and earth. Without this law, without God, there would be no foundation, no background for these. Having no law, no Truth, no substance back of them, they would lack permanence and the ability to endure.

Think often of yourself as ruled by God and by His law and principle. Realize that you are under no adverse law.

The ordinances of Jehovah are true, and righteous altogether.—*Psalms 19:9.*

TUESDAY, OCTOBER 10

*The life of Christ in me is my life,
and I am thoroughly alive at all times.*

HAVE you reached the understanding of Truth where you know that the life of Christ abides in you? Do you really feel that this life is your life and that you live in Him? Are you always conscious of His presence, always certain that your life is unified with His?

The life of Christ is the life that animates your whole being. You cannot be ill or experience disease when you realize this. There can be no limitation upon your life when you know that you are eternally identified with the unlimited life of Christ. You cannot be fatigued when you realize that the presence of Christ within you refreshes you with ever-renewing life.

The life of Christ within you cleanses, purifies, regenerates, and heals you. Nothing in the external world can quicken you to the consciousness of the presence of this life. You must turn in thought to Christ at the heart of your being and feel His life.

Living in this realization, you are ever at one with all the life there is, since there is no life apart from Christ. As you think about this life, it seems to increase.

Understanding is a wellspring of life unto him that hath it.—*Prov. 16:22.*

Christ in me quickens me to a consciousness of the only power there is: the power of God, the power of Truth, the power of love.


IN TRUTH, we recognize but one power, God omnipotent. Were we to believe in other powers, we should believe that God has a rival. Were we to think that evil had power, we should cease to believe in the omnipotence of good. We should cease to believe in the power of Truth and the power of love.

If you believe in the power of disease, you cannot believe that God is omnipotent as life. If you believe in the power of ill luck or failure, then you cannot believe that God is all-powerful in your life as prosperity and success.

The power of God—good, Truth, love—knows no competition. In Truth, we know that God is all there is. We realize the powerlessness of all that is unlike God. We know that the power of good cannot become a power of evil. We realize that the power of a good thought cannot be turned into destruction.


God, the good, is omnipotent. A consciousness of Christ in us quickens us to a realization that we have the Spirit of God within us.

The God of Israel, he giveth strength and power unto his people.—*Psalms 68:35.*

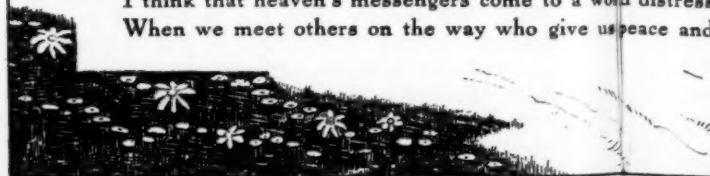


We See the Face of God

I know we see the face of God when we behold a smile!
We look upon the face of man, see God there all the while
We see God's love there shining through when smiles the happy
And know that to reflect God's light should be our aim and duty



I like to see a happy face that's tipped with heavenly light,
A countenance that indicates a heart whose thoughts are right
And back of it I see a soul where love just overflows,
A soul revealing freely Truth that the illumined knows.



I like to meet a happy man whose soul is in his face,
There Love personified behold, see more of heavenly grace
I think that heaven's messengers come to a word distressed
When we meet others on the way who give us peace and rest

of God

hold a smile!
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word distressed
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The love of Christ implanted in my heart prompts me to give up every unloving thought, and I am altogether loving.

IF YOU would give up unloving thoughts, if you would free yourself from hate and unkindness, increase in the consciousness of love. Become more aware that Christ is within you prompting you to be loving. Be conscious of His presence as something that makes you love when ordinarily you would be tempted to be unkind.

God has implanted in your heart a memorial of Himself, His love. When you are inclined to hate, He quickens you to love. When you try to solve your problems through anxiety and personal effort, He prompts you to love and you have the solution. When you fail to be healed through external means, He quickens you to love and your body is filled with healing life.

Loving God is a matter of being faithful to Truth and to the presence of God within us. When we love God, we cannot at the same time believe in things unlike God. We cannot experience personal animosity, jealousy, hate, and fear when our thought is on Truth and God.

To them that love God all things work together for good.—*Rom. 8:28.*

Knowing Truth, I make my thoughts conform to the mind of God.

WE USE God-Mind, the intelligence of Truth, as our pattern and seek to have all our thoughts conform to it. Knowing what Truth is, we want to think thoughts of Truth. We realize that only by thinking Truth can we cause it to become manifest in our life.

When man thinks mortal thoughts, he is spoken of as being mortal or carnal minded. When he thinks spiritual thoughts, he is spiritual minded. He does not have two minds; he has freedom of will to think in terms of falsehood or evil, or in terms of Truth or good.

Divine Mind is the activity of Truth. When you have the experience of thinking a thought of Truth, you know that Truth is active in your consciousness. We may think of Divine Mind as the philosophy of Truth operating as thought. We make our thoughts conform to this "mind" when we let Truth become active in us. Remember that Divine Mind is not something apart from us. You may have the sense of separation when you do not think Truth, but Divine Mind is the activity of spiritual thought that you know as spiritual consciousness.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

In the consciousness of all things in Truth being eternally new, I see myself as constantly being renewed in mind and in body.

BY ENTERTAINING old, obsolete, and useless ideas, you establish age in your consciousness. Your consciousness lacks the vitality of new ideas when you are content to think old and useless ideas. Your body is robbed of vitality when your consciousness is deprived of new ideas.

A consciousness made vital through new thoughts expresses itself in the body as newness. The young person keeps his body youthful because of his consciousness of newness. Were his consciousness to be deprived of new ideas, his body likewise would lose its sense of newness.

If you find that you are growing old, change your ideas. Think new thoughts. You must acquire a new outlook on life. You must let the new life of Spirit have freedom to express itself in and through you.

Keep a new song in your heart and a new thought in your mind and you will see life from an ever-new angle. You will be constantly renewed through the power of Spirit within you.

He hath put a new song in my mouth.—*Psalms*
40:3.

I patiently witness the Spirit of wisdom, order, and justice bringing my good into visibility with promptness and dispatch.



IF YOU would be more patient, learn to lose all personal responsibility for the work of Spirit. Realize that regardless of your personal concern, the Spirit of wisdom, order, and justice is at work in your affairs. Know that this Spirit works without regard to any anxiety on your part.

Many persons become impatient because they think that some situation may arise that will delay the work of Spirit. They need to know that Spirit works with promptness and dispatch. They need to realize that nothing in the external world has power to prevent the work of Spirit within them from being done on time.

If you are inclined to be impatient, trust more in the power of Spirit and think less of what you have believed to be the power of evil. Think less of the power of other persons or things to delay the coming of your good into visibility. Realize that you and all your affairs are now in the hands of Spirit and that its wisdom, order, and justice are becoming manifest.

The patient in spirit is better than the proud in spirit.—*Eccles. 7:8.*

MONDAY, OCTOBER 16

The idea of perfect man which God implanted in me now manifests itself as my own perfection.



WHEN YOU think of yourself as imperfect, you think contrary to the Truth of God. You behold yourself in a way in which God Himself does not see you. If you look on your seeming imperfections as real, they become so to you. If you think of that which appears to be as being true of you, then this is the thing that becomes manifest in your life.

The idea of God's perfect child was implanted in you at the beginning. This idea manifests itself as your perfection unless, through adverse thinking, you set up a barrier against its work. Your perfection cannot become manifest if you are thinking contrary to its truth. The perfect idea of God cannot appear if you have an idea in opposition to it. You alone decide this matter.

To mortal sense, you may appear to be far from perfect. This fact in no wise affects the truth. You exist forever in the sight of God as the manifestation of His perfection. Your associates may see you as imperfect, they may seem to magnify your shortcomings, but God is ever true. You are ever His perfect child.

Walk before me, and be thou perfect.—*Gen. 17:1.*

TUESDAY, OCTOBER 17

I am established in the peace of Christ in me, and I am at peace with all things.

WE ARE always tranquil when we are thinking harmonious thoughts. Only by thinking inharmonious thoughts can we destroy our peace of mind. Only by believing that persons, things, and circumstances can take our harmony from us can we become inharmonious.

The student of practical Christianity is directed to the presence of Christ within him. He finds this a presence of peace, inspiring him to be tranquil. With his thought on Christ it is directed away from his belief in inharmony.

Every thought of peace serves to neutralize a thought of inharmony. The more often we think of peace the more conscious we become of it. Our attention is directed away from that which we have thought of as able to make us inharmonious, and we come to identify ourselves with never-ending peace.

The peaceful person lives in a realm of peaceful thoughts. He is undisturbed in mind and in body because peace permeates him. It radiates from the presence of Christ.

Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*; because he trusteth in thee.
—Isa. 26:3.

The Spirit of Christ in me urges me to doubt no more, and I have faith in Christ, faith in myself, and faith in all persons.

WHEN WE have faith in God, faith in the good, we can easily exercise faith in other things. When we cease to doubt the omnipotence of God, we no longer doubt our own ability and that of others. We cease to doubt when we have absolute faith in God, the good.

Do you need to have more faith in your own ability? Then realize that through the Spirit of Christ in you, you can do all things. Your faith in yourself increases as you increase in faith in God. You develop your faith as you increase in faith in good, love, life, and Truth.

Would you like to have more faith in other persons? Then realize that the Christ in the midst of them is altogether good, always directing them toward their highest good. Having faith in another person is a matter of having faith in the Christ in him. When you have more faith in Christ than in evil, you will have more faith in yourself and in others.

Learn to have faith in God, the good. When a thought of doubt comes to mind, replace it with a thought of faith.

Jehovah preserveth the faithful.—Psalms 31:23.

The light that shines from the presence of Christ within me illumines my consciousness and shines before me.



THINK of the Christ within you as the presence of light. In this presence there can be no ignorance or darkness. Realizing that Christ is the light of your consciousness, you cannot be in mental darkness. You cannot lack wisdom when you know that Christ ever illumines and inspires you.

The light of Christ within you is the very light that gives you understanding. You have the power to know whatever you want to know. You can decide wisely when you need to make a decision. The wisdom of your Father comes to you, His child, and you are wise in all your deliberations.

The presence of Christ within you ever inspires you and reveals to you that which is for your highest good. You cannot make an unwise decision when you refer all things to Christ. You cannot lack knowledge when you realize that you are at one with all understanding and all wisdom.

Never think of yourself as ignorant. Think of yourself as a channel through which the light of Christ shines.

If we walk in the light, as he is in the light, we have fellowship one with another.—*I John 1:7.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

October 20 to November 19

+ + +

FOR ILLUMINATION

*I am filled with wisdom, and the grace
of God is upon me.*

+ + +

FOR HEALING

*By the grace of God through Christ
Jesus, I am made whole.*

+ + +

FOR PROSPERITY

*By the grace of God through Christ
Jesus, I am prospered.*



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FRIDAY, OCTOBER 20

*I am healed through the knowledge
that within me there is divine power
expressing itself as perfect health.*



GOD CREATED man whole and perfect. When man does not think according to Truth and causes disease to appear, he but caricatures himself as a thing of disease. He tries to continue in his adverse thought and to remove the result and evidence of his thinking by the use of drugs or material things, but fails to do so. He is compelled to cease thinking the disease-producing thought and begin thinking Truth.

How we rejoice to have the knowledge of Truth and the realization that within us is healing power! We give up adverse thinking that Truth may manifest itself in us as health. We make ourselves receptive to the presence of Spirit within us so that its power may purify us of disease and make us healthy and strong.

To be healthy you must think in terms of health. When you think that your health and perfection are more real and true than is your belief in disease, your health and perfection appear. The healing power of Spirit expresses itself in and through you when you cease to believe that disease has reality or power.

Turn your thought to the healing power within you and be made whole and well.

O Jehovah, heal me.—*Psalms 6:2.*

Christ in me urges me to give up all belief in lack and to accept Him as the source of my bountiful prosperity.

MAN WAS not created and thrown into a world of poverty. A good father would not put his child in a position of lack and helplessness. The goodness of God is displayed in His having given man the key to His storehouse and having shown man the way to plenty.

We discover our supply by means of ideas. We are impressed with rich ideas that serve to reveal our supply to us. In the consciousness of plenty we find plenty revealed to us. We identify it as our own bestowed upon us by the Father.

If you would have plenty, erase from your mind every belief in lack. The thought of lack attracts lack to you. The consciousness of plenty causes plenty to appear. We build up a consciousness of plenty through filling our mind with thoughts of plenty. We become more aware of the blessings of God than we are of lack.

Accept Christ as the source of prosperity, and you will find rich ideas emanating from Him, filling your mind, and becoming manifest as plenty.

Then thou shalt make thy way prosperous, and then thou shalt have good success.—*Josh. 1:8.*

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In a receptive mood, I invite the blessings of God to become manifest in me and in my affairs.

MAKING ourselves receptive to the blessings of God, we are in a prayerful attitude. The true prayer is one by which the individual claims the promises of God. This prayer is not negative, as is that of beseeching God, but is positive in the sense of appropriating the good that is already ours.

Never take the attitude that good will come to you if it is God's will. God's will is always good will. Good ever comes to you as emanating from God. Your attitude must be positive: that of laying hold of what God wants you to have.

We pray the prayer of Truth when we enter into the consciousness that our good already exists waiting for us to receive it. This is the positive prayer. It is the attitude of receiving that which we know is ours in Truth. We realize that the only thing that can sidetrack our good is a negative attitude.

Our lesson on prayer today urges us to be more positive, more alert to know that God's will for us is abundant supply. We must be positive in the thought of health if we would have health manifest.

Ask, and it shall be given you; seek, and ye shall find.—*Matt. 7:7.*

*I am not enslaved to the belief in time.
I know that my good is manifested here
and now.*

DISABUSE your mind of all belief that the good you desire or need today can only come to you tomorrow. Rise out of the belief in time. Cease to think in terms of yesterday and tomorrow. In Spirit, there is only the eternal now, the time when prayers are answered.

If you can reach the consciousness that your blessings appear right now, they will appear now. In order to do this, you must wipe out of mind all belief in delay. You must cease to think of cause and effect as witnessed in the three-dimensional world and know that in Truth prayer and answer are one. Time exists in Spirit as the now only.

The good you need today will come when you perceive it in consciousness as yours. If you can get this consciousness today, you will get the blessings today. You must understand that the thing you want is yours. The good you desire is prompted to become manifest by the Spirit of good within you.

Many prayers are not answered, because we think in terms of the future. Your need now should be answered now.

Redeeming the time.—*Eph. 5:16.*

*Because the Spirit of Christ in me
makes me praise the good in others, I
have no desire to condemn them.*



WE ARE not inclined to point out the evil in other persons or to condemn them when we behold the good in them. When we recognize the Spirit of Christ in them, we recognize them as good. We do not point out those things which we personally believe deserve condemnation. Instead, we call attention to evidences that Christ is coming forth in them as that which deserves our praise.

You have no right to condemn another person. If you believe there is something in him or in his life that you should not approve of, ask yourself what right you have to condemn. Have you any right to come forth as an accuser? His life is not in your hands.

The habit of condemning others comes from the belief that we have a right to condemn one another. Certainly this is a mistaken belief. If any one violates the law of God, he punishes himself, and we need not try to do "our part" to punish him.

When we praise another, we are likely to call forth the best that is in him. We cause hidden good to appear. This attitude helps us to reform the one who we think needs help.

When he giveth quietness, who then can condemn?—*Job 34:29.*

*The Truth of Christ now establishing
itself in my consciousness wipes out my
every belief that that which is false is
true. I abide in Truth.*

AS CHILDREN we acquire the philosophy that adversity, evil, and disease are true of us. In later years, if we are fortunate enough to make the acquaintance of Truth, we have to reëducate our minds. The realization that we are perfect and whole in Spirit must replace the belief that we are under bondage or limited in health.

The study of Truth causes us to yield many beliefs that we discover are untrue. Truth gives us a new concept of man, and we discover that what we had previously believed about ourselves is untrue. We may think of Truth as doing two things for us: showing us the falsity of that which we have thought of as true; and revealing the true character of things.

According to race beliefs, man is a thing affected by disease and subject to its ravishment. According to Truth, man is the Son of God.

Jehovah, who shall sojourn in thy tabernacle?
Who shall dwell in thy holy hill?
He that walketh uprightly, and worketh righteousness,
And speaketh truth in his heart.

—Psalms 15:1, 2.

*I relax and rest in the consciousness
that all my affairs are now adjusted and
managed by the Spirit of God.*

YOU CAN easily relax from mental and physical tension when you learn to put yourself and all your affairs in the keeping of God. You do this by dropping from mind the belief that external things can make you tense. You trust in God knowing that He will manage all things wisely and well.

Relaxation, then, comes from trusting in God. We find that when we trust in Him, we cannot become tense. We do not fear the outcome of our affairs. We know that He is the supervisor, the adjuster, and the manager of all things.

You will have no difficulty in relaxing when you learn the simple process of giving your affairs into the keeping of Spirit. You will find yourself relaxing from tense thoughts and your body becoming free from muscular tension. The things that formerly made you tense will no longer have power to do so.

Relaxation from tension must take place in the mind. Relaxation in the body readily follows. We give our mind a rest from tense thoughts and then experience peace in the body. We relax in the presence of God within us.

Ye shall find rest for your souls.—Jer. 6:16.

FRIDAY, OCTOBER 27

The quietness of the presence of Christ in me makes me one with the presence of stillness.

FINDING the presence of Christ within us as a presence of stillness, we identify ourselves with stillness. We find that the things of the external world cannot disturb us. We find that we can easily enter the silence, "the secret place of the Most High." In this place of silence within us, we find the presence of Christ.

Do things of the world about you tend to disturb you? Then take your mind off them. Think of the presence of Christ within you. This is a presence of quietness to you. It gives quiet and peace to your soul. With your attention fixed on this presence, you will cease to believe in any disturbing presence in the outer world.

When external things tend to disturb your peace of mind, say "Silence" to them. Let the presence of Christ within you enter into this word as you speak it. Realize that this presence has power to silence every disturbance.

Live in the conscious realization that you have within you a presence that gives quietness and stillness to your soul. You have within you Christ.

The effect of righteousness, [shall be] quietness and confidence for ever.—*Isa. 32:17.*

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I forgive readily because I can enter the consciousness in which no memory of offense exists. All is forgiven.

HAVE YOU ever wished that you might forgive some offense, that you might wipe it completely out of mind as if it had never happened? Have you not felt instinctively that by some little mental gesture you might be able to lead your mind away from the memory of this personal offense and abide in peace?

You can do this. You can rise to those upper heights of mind and of Spirit where there is no memory of evil deeds of the past. You can rise to the consciousness of forgiveness and emerge from the experience as if you had had a mental purification under the very inspiration of heaven.

To experience forgiveness you must be willing to give up the old thoughts that have troubled you. You must be willing to think thoughts of Truth and love—the thoughts of heaven. You must be ready to yield the adverse thoughts on an altar of sacrifice, surrendering the old belief that you can be offended and yielding all to Truth.

Repent therefore of this thy wickedness, and pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—Acts 8:22.

The Spirit of Christ in me lifts me above every adverse belief, and I am exalted to high heaven.

INSTEAD of thinking of things as having power to cast you down, think of Christ in you as having power to lift you up. Realize that the Spirit of Christ is ever exalting you. Know that through this power you are lifted above all adversity and abide in the presence of Christ.

When the things of the outer world disturb you, let the Christ in you lift you up. When other persons would be unkind to you and seek to humiliate you, know that you are untouched by any such act. Realize that Christ in you exalts you. Realize that you are mightier and greater than all adverse thought.

The experience of being lifted up is different from anything else we can know. We feel that something within us is bearing us up just as if hands were lifting us and taking us out of danger. We experience peace and joy, having a sense of being totally detached from those things which formerly seemed to disturb us.

If you would be lifted up above adverse beliefs—evil, sin, disease, failure—turn in thought to Christ within you. Realize that in Him you are made part of the company of heaven.

Let us lift up our heart with our hands unto God in the heavens.—*Lam. 3:41.*

No belief in limitation or adversity can have dominion over me. Christ in the midst of me has authority over me and over my life.

DO NOT think of evil, sin, fear, disease, and failure as having dominion and authority over you. Do not recognize these as controlling you in any way. When you are established in Truth, nothing adverse can have authority over you. Nothing in the external world can dominate you when you know that the Christ in the midst of you is all in all.

Are you believing today that evil or disease can overwhelm you or subjugate you? In Truth Christ alone has dominion. If you are conscious that good and peace and Truth dominate you, you will not believe that adversity can claim you in any way.

Virtually every person believes either in the dominion of Truth or in the dominion of evil. He knows the truth of the dominion of Christ, or else he ignorantly believes that evil can in some way share the omnipotence and dominion of Christ. He is mastered by one or the other. He cannot serve both masters.

Let not any iniquity have dominion over me.
—*Psalms 119:133.*

*The Spirit of wisdom reveals to me
what is my highest good and directs me
in the way I should go.*



HE SPIRIT of wisdom is ever revealing to us the right path for us to take. According to Spirit, there are not two paths, a right one and a wrong one. When we follow Spirit's bidding, we go the way of light, peace, joy, love, and plenty.

If your way seems to be one of unhappiness and failure, turn to Spirit within you for direction and be willing to follow its bidding in order to change your course. It will reveal to you the way leading to happiness and success.

Spirit's bidding is always the right road. We find that when we follow the directions of Spirit we are happy and successful. When we follow our personal inclination in the matter, we may take a step that is far from conducive to our highest good. We go the long way of sacrifice when we go contrary to God's will.

The only way we can reach a full consciousness of Truth is by the path that Spirit directs us to follow. We have within our breast that presence which will direct us toward our highest good. We need not seek for some other person or external influence to direct us. Turning to Spirit, we turn into the way of joy and success.

He will teach us his ways, and we will walk in his paths.—*Isa. 2:3.*

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What You Have—Share

To be prosperous you must first feel prosperous, and there is no surer way of feeling prosperous than by sharing with others. It is not necessary that you have a great deal—just begin to share what you have. The thought of being able to share something will enrich your consciousness, and open the way for increase. The very best thing that you can share with others is the message of Truth. Take time today to order *Unity Daily Word* for three friends, and let them enjoy its immediate benefit while you use the Prosperity Bank drill to increase your consciousness of plenty. Silent Unity will cooperate with you in prayer.

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Wee Wisdom Adds a New Feature

Wee Wisdom magazine, because of its character-building features, is being indorsed by educational groups throughout the United States. Many teachers make a practice of using it in connection with class work. For this reason *Wee Wisdom* now carries in each issue a page for teachers, showing how certain features in the magazine can be used to advantage in the schoolroom. This page is also a guide to parents in helping their children to get the greatest benefit from the magazine. *Wee Wisdom* is published monthly; yearly subscription price, \$1.50.

The Supposing Game

The man or woman who has learned to make use of the imaginative faculty, has taken a decided step toward the attainment of success. Harry Gordon Selfridge, the London merchant prince, attributes his great success to this very thing—the exercise of his imagination, which he describes as playing “the supposing game.” His story is told in the chapter by this title in Frank B. Whitney’s book *Open Doors*. Mr. Whitney is the editor of *Unity Daily Word*, and you will find inspiration in every chapter of his book. *Open Doors*, in cloth binding, is priced at \$1; in flexible binding, at \$2.

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Mo.

Your Destiny Lies in Your Own Hands

Do you believe that it is your destiny to be denied the good things of life? Dismiss this belief, and begin right now to bring about a change in your affairs.

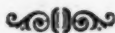
You have it in your power to do this by holding resolutely to Truth, and visualizing conditions as you wish them to be. Every positive thought of yours has power to bring into your life what you most desire.

Thus writes Alberta Flanders in "Do We Control Our Destiny?" an article appearing in the October issue of *Unity*. You will find in this article a rich message which is typical of the teaching that *Unity* magazine gives out each month.

In addition to its splendid articles, which include one by Charles Fillmore in each issue, *Unity* carries several regular features of interest: a metaphysical interpretation of the International Bible lessons; true instances of answered prayers; the monthly healing and prosperity statements; and a question-and-answer department conducted by Silent Unity.

Let *Unity* come to you regularly with its inspiring message. The yearly subscription price is

\$1.50



BENEDICTION

May you be kept in safety
In the hollow of God's hand,
No matter where you wander
Over sea or over land.
And under his protection,
May you life's heights ascend
Is the prayer that's offered daily,
The benediction of a friend.

—Selected

